



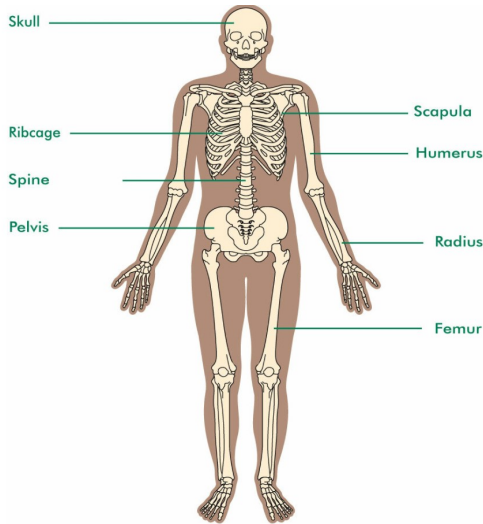
Knowledge Organiser

Science—Animals, including Humans Year 3

Our Skeleton

Our skeleton is the system of bones in our bodies. It has three main jobs:

- To keep our body in shape
- To help us to move
- To protect our major organs.



There are 206 bones in the Human body.

Our bones contain calcium, which we get from dairy products like milk and cheese.

Key Vocabulary

Heart	The muscle that pumps blood around our body
Joints	The place where two bones meet.
Muscles	Attached to bones to help our bodies move.
Organs	Tissues in our bodies that do specific jobs
Posture	The position that a person sits
Ribcage	The bones that protect the lungs and heart.
Skeleton	The system of bones in our bodies.
Skull	The bone that protects the brain
Tendon	A cord which joins muscles to bones.
Vitamins	Chemicals found in foods that keep us healthy

Healthy Diets

The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



To maintain a healthy diet, we need to eat the right amount of different types of food. These foods give us important vitamins and nutrients that our bodies need to grow and develop.

The vitamins and minerals that a child needs are slightly different to what an adult needs.

What I can do at home

Learn	How do the meals you eat at home offer a balanced diet? How are the different food groups given to you?
Investigate	Small babies need very specific nutrients in order to grow properly. How is this provided to them? Can people with longer legs
Ask	Which animal has the strongest bones? Which has the most?

Communicate

Talk to an adult at home about the things below. You don't need to record this.

I wonder why people choose to eat foods that they know are bad for their health.